

# Mountaineer

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July 1, 2004

## Soldiers participate in Bike to Work Day

by Pfc. Stephen Kretsinger  
Mountaineer staff

Members of the Mountain Post Team participated in the 11th annual Colorado Springs Bike to Work Day June 23.

More than 100 people from the Mountain Post community were in attendance, including Col. Michael Resty Jr., garrison commander, Fort Carson; and Col. Brian C. Lein, commander, Evans Army Community Hospital.

"The purpose of Bike to Work Day is to highlight the use of bikes for transit or for recreation," said Bridget Minihane, director, Mountain Post Wellness Center.

"It's to get people thinking, 'Yes, I could ride a bike to work' or 'you know, I should get out on these trails,'" said Minihane. It highlights the Colorado Springs city trails, because it has phenomenal trails."

"The other thing we're trying to do with all of this is to make Colorado Springs more bicycle friendly," said Thad Noll, senior transportation planner, Colorado Springs.

"It's a national initiative and it has been for 11 years," said Minihane. "Each state recognizes it differently. Colorado Springs chooses to recognize it in the third week of June."

"This event is part of the statewide Bike to Work

See Bike to work, Page 15



Photo by Pfc. Stephen Kretsinger

Mountain Post Team cyclists ride the trails of Colorado Springs during Bike to Work Day.

## Lawn service begins July 14

by Sgt. Jon Wiley  
Mountaineer staff

Good news for Fort Carson Family Housing residents who hate yard work — beginning July 14, a professional landscaping company will assume responsibility for all front yard maintenance of family housing units.

This free service will include mowing, edging, weeding, trimming, shaping of bushes and fertilizing as needed, said Jerry Stafford, leasing manager, Fort Carson Family Housing.

"It's being offered to unify the general appearance of family housing and ease some of the burden on Soldiers and their families. We want to make our neighborhoods better to live in appearance-wise and convenience-wise," he said.

Residents who want to continue to care for their own front yards will be able to do so if they go to the housing leasing office in the Colorado Inn, suite 103, and sign a waiver opting out of the program by July 9. All residents who do not sign a waiver on or before July 9 will automatically receive the service.

Residents who refuse the service will be expected to maintain their yards to the standards outlined in the Housing Guide and will be charged fees for service if the standards are not met, Stafford said.

See Lawn service, Page 18

## New Colorado DUI, driving laws in effect today

Compiled by Spc. Zach Mott  
Mountaineer staff

Beginning today, Colorado motorists will face with two new laws — just in time for Fourth of July weekend which is typically when a high number of motor vehicle accidents occur.

House Bill 1021 reduces the blood-alcohol limit from 0.10 to 0.08 for a driving while intoxicated offense. Colorado was forced to change the alco-

hol limit in order to retain federal highway funds. Colorado was the 48th state to enact the law.

Retail stores are now allowed to conduct tastings and restaurant customers may re-cork and take unfinished wine bottles home with them, according to House Bill 1021. The Colorado Department of Transportation estimated that one-third of 2002 traffic fatalities were alcohol related.

"Lowering the limits allows us to get more inebriated people off the streets," said Staff Sgt. Arnold M. Jackson, Traffic Section NCOIC.

House Bill 1017 enacts new standards for new drivers. Drivers under 18 must have a learner's permit for one year before they can obtain a regular driver's license — it was six months before.

House Bill 1017 also states that for those that pass a four-hour driver's

awareness program can obtain their permit at 15 and a half. Those that are enrolled in a driver's education course can obtain a learner's permit at 15. Those that do not enroll in either program must wait until 17 to apply for their learner's permit.

House Bill 1017 also increases the validity of a learner's permit to three years to accommodate drivers who are not ready for their license.

### INSIDE THE MOUNTAINEER

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### Feature



Music group train rocked Fort Carson June 24.

See Pages 20 and 21.

### Happenings



The Rocky Mountain National Park near Estes Park is one of the nation's most scenic.

See Pages 25 and 26.

### Mosquitoes

The Directorate of Environmental Compliance and Management will spray Ironhorse Park for mosquitoes Friday, starting at 5:30 a.m., in preparation for Fourth of July activities. If the weather is bad, DECAM will spray Saturday. Avoid the park until later in the day.

### Fireworks

There will be a fireworks display beginning at 9:15 p.m. Sunday at Ironhorse Park.

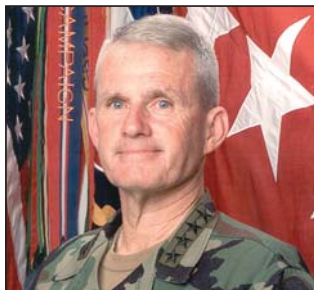
# FORSCOM CG's July Fourth safety message

The Independence Day holiday marks the 228th birthday of our nation. Traditionally, this is a time of celebration for our Soldiers and their families. Unfortunately, this holiday has too often ended in tragedy due to a preventable accident. It is our duty to set the conditions for ourselves and for those whom we are responsible.

Since the holiday period brings increased traffic volume, every Soldier, civilian work force member or family member must focus on traffic safety. More than half of U.S. Army Forces Command's annual accidental fatalities involve privately owned automobiles and motorcycles. Nearly all of them are preventable.

Leaders arguably play a most critical role in safety by conducting risk assessments for each Soldier planning to travel over the holidays. An excellent risk assessment tool for privately owned vehicle travel is available at <https://safety.army.mil/asms1/>. Meaningful safety briefings will encourage soldiers to use good judgment on and off duty. Challenge Soldiers to stop think, observe, plan and then proceed with safety.

In addition to travel, many activities that Soldiers and their families will



McNeill

undertake over the holiday weekend will expose them to risk: sports, boating, swimming, hiking, fireworks and cook-outs. Maintaining focus on safety and knowing the risks and hazards associated with those activities is essential. Keeping America's Army family safe is our priority. Integrate risk management into every activity you undertake throughout the holiday.

My family and I wish you, your families and friends a safe and pleasant Independence Day.

Gen. Dan McNeill  
U.S. Forces Command  
commanding general



Cartoon by Jim Boroch

## Pvt. Hazard



### What are you going to do to ensure a safe Fourth of July?



"Fire safety, adult supervision with fireworks and not get too drunk."

Staff Sgt. Derrick Zant  
Troop P, 3rd Armored  
Cavalry Regiment



"Don't drink and drive, and buckle up the kids."

Spc. Chrystal Friendly  
60th Ordnance Company



"Drink at home and try not to go out too much because of drunk drivers."

Sgt. Christopher Crum  
Company C, 2nd  
Battalion, 122nd Military  
Police



"Before I let my guys go, I'll give them a safety briefing and check the barracks."

Sgt. Stephen Stanko  
Company H, 3rd  
Armored Cavalry  
Regiment

#### LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR 360-1, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

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# News

## Soldiers receive new gear from PEO

by Jacqueline Garrelts  
Army News Service

**WASHINGTON** — All Soldiers in Iraq will be issued 14 pieces of new Army equipment as a result of the Rapid Fielding Initiative.

Additional RFI equipment is provided for Brigade Combat Teams based on their missions.

Not all Soldiers in Iraq have been issued RFI, but the Program Executive Office Soldier anticipates by the end of fiscal year 2004 all deployed Soldiers to Iraq will be wearing RFI.

"We are doing everything we can to make that goal a reality" said Charles Rash, acting Deputy of PEO Soldier. "Next our objective is to finish equipping the remainder of the operational Army with RFI by the end of FY07."

RFI is a system set up by PEO Soldier. Responsibilities to the Army include testing and fielding improved equipment and gear. Since 2002, RFI has received a total of \$1.2 billion in funding.

Thanks to the development of RFI, Soldiers no longer have to purchase or

face long delays before receiving new equipment. Rash said the turnaround time has also improved, providing Soldiers with state-of-the-art weapons, clothing and equipment before they leave for operational deployment.

Before RFI was established, Soldiers could expect a wait of up to five years to get new boots. Today, RFI has drastically reduced this wait so Soldiers will receive their boots in one year and 10 months from when they put in the request. "RFI is about making things happen a lot faster and it has been very successful with that," said Rash.

RFI is fielding a total of 49 state-of-the-art equipment types in the categories of force protection/mobility, lethality, soldier mission essential equipment and individual weapons/optics. Some of the RFI equipment issued to all Soldiers includes:

— The Advanced Combat Helmet, or ACH, has replaced the old Kevlar helmet. The ACH is 3.5 pounds lighter than the old model and is cushioned on the inside, which sits more comfortably



Photo credit

**The Advanced Combat Helmet is one of the fourteen Rapid Fielding Initiative issue deploying Soldiers will receive before heading overseas by the end of the current fiscal year**

on a Soldier's head. It also has a different suspension system inside which allows a Soldier to fight more effectively when wearing body armor.

— The Infantry Combat Boot Type II has replaced the older model boots, and are designed to be much more com-

fortable and durable. The boots are available only through RFI and do not need to be polished.

— Wiley X Goggles is a popular item among Soldiers, according to officials.

**See New equipment, Page 8**

# Iraqis learn it pays to return arms during 1st AD turn-in program

by Staff Sgt. Tony Sailer  
Army News Service

**KARBALA, Iraq** — Dozens of Iraqis traded weapons for cash in the city of Karbala, Iraq, in early June as part of the Army's Weapons Reward Program.

The weeklong program was started by a Polish Army psychological operations team to get weapons off the streets and put money in the pockets of citizens, thereby stimulating the local economy.

More than \$30,000 was given out, said 1st Lt. Eric Iliff, a fire support officer with Company C, 1st Bn., 36th Infantry Regiment, Task Force 1st Bn., 37th Armor, 1st Armored Division.

Soldiers from that unit, along with other Soldiers from the task force, manned the buy-back program at the police academy in southern Karbala from 9 a.m. to 1 p.m. each day.

"The prices (we offer) are pretty competitive," said Iliff. "We have had very few people complain." The complaints they received came from those trying to sell inoperative weapons.

"They want to get the full price but for a broken AK," Iliff said, "we are only going to pay a small percentage (for inoperative weapons) of what we pay for a functional weapon."

A wide variety of weapons and ammunition were collected, including dozens of rocket-propelled grenade

launchers, assault and other types of rifles, hundreds of hand grenades and other explosives.

"We have done well considering this is just the first couple of days doing this in Karbala," Iliff said.

Iliff compared the recent successes his unit has achieved to that of others in the region.

"Another unit did the same program down in Najaf. They started off a little bit slow. After a couple of days the people began telling their neighbors and friends."

Iliff said that as word got out, other residents started saying, "Hey, the Americans are giving good prices for buying back these weapons. Since we

are not fighting anymore let's, sell them back."

After gathering the weapons, Coalition forces will turn these weapons over to the Iraqi Civil Defense Corps, Iliff said. "That way the new Iraqi government doesn't have to buy all new weapons to equip their Soldiers. The weapons are already here in the country. We just put them in the right hands."

The ones that don't work will be destroyed.

The sellers received the going rate for the class of weapon they brought in. Some weapons were worth \$300.

**Editor's note:** Staff Sgt. Tony Sailer is a member of the 1st Armored Division Public Affairs staff.



# Military

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## 3rd ACR changes command

by Sgt. 1st Class Gary L. Qualls Jr.  
3rd Armored Cavalry Regiment

Col. H.R. McMaster became the 71st commander of the regiment that was once commanded by the late Gen. George S. Patton — the storied 3rd Armored Cavalry Regiment — in a ceremony June 24 at Pershing Field.

McMaster comes to Fort Carson from the U.S. Central Command, where he served as director, Commander's Advisory Group until May 2004. Other key assignments held by the new 3rd ACR commander, who holds a Ph.D. in military history, include commanding the 1st Squadron, 4th Cavalry in Schweinfurt, Germany and serving as the executive officer and regimental operations officer of the National Training Center's opposing force, the 11th Armored Cavalry Regiment.

His military decorations include the Silver Star Medal, the Defense Meritorious Service Medal and the Meritorious Service Medal with four oak leaf clusters.

McMaster spoke strongly about terrorists in his ceremony speech, calling terrorists "murderers."

"They seek to incite fear and intimidate us, but it is the terrorists and other enemies of our nation that should be fearful," he said.

"If we do not defeat the terrorists now, our chil-

dren will have to fight them and they will incur a much greater price," the regimental commander added.

Col. David A. Teeple, the outgoing commander, praised his squadron commanders, the regiment's command sergeant major and his wife in his speech.

"I've never seen such competent, caring leadership," he said of the squadron commanders.

Teeple called Regimental Command Sergeant Major John Caldwell "a remarkable man," noting he logged more than 5,000 miles visiting troops in Iraq. "He's tough in adversity and we've seen our share of it," he said. He has not met a man in his entire military service who cares more for Soldiers than Caldwell, Teeple said.

Teeple praised his wife, Susan Teeple, at the ceremony telling her, "You could have been and done anything and you chose to be the wife of a Soldier."

Teeple is heading to Washington, D.C., where he will be the deputy director of the Joint Operations Center, Training and Operations section.

Maj. Gen. Robert Wilson, commanding general of 7th Infantry Division and Fort Carson, presided at the ceremony. Wilson enumerated 3rd ACR's accomplishments during Operation Iraqi Freedom, includ-



Photo Courtesy Regional Training and Support Center.  
**Col. H.R. McMaster, the new 3rd Armored Cavalry Regiment commander, passes the colors back to Command Sgt. Maj. John Caldwell after accepting command of the 3rd ACR June 24 at Pershing Field.**

# Military Briefs

## Misc.

**Enlistment bonus** — If you were deployed in Iraq, Kuwait or Afghanistan, you may be entitled to a lump sum reenlistment bonus of \$5,000. Effective April 13, the Army announced a retroactive bonus to qualified Soldiers that reenlisted from March 18, 2003, to Sept. 18, 2003.

Also effective May 18, the Army announced a new listing of Selective Reenlistment Bonus and Targeted SRB Program. Under this new message, qualified Soldiers may be eligible for a lump sum bonus of up to \$10,000.

To see if you were qualified, please see your local Career Counselor:

3rd ACR — 526-3417

3rd BCT — 526-4549

43rd ASG — 526-9366

Division troops — 526-3983.

### Officer Candidate School Board

— There will be an Officer Candidate School board Aug. 5 and 6. All participants must report in Class A's. All packets must be turned in to the 478th Personnel Support Battalion, building 1118, Room 208, no later than July 27. For more information, call Spc. Samantha Lamping at 526-1906.

**Warrant officer recruiting** — The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airman to fill its warrant officer ranks.

Positions are open in all 45 specialties if you qualify.

Applicants with less than 12 years active federal service are encouraged to apply.

For more information, contact the Warrant Officer Recruiting Team at [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant) or call

(502) 626-0484.

**U.S. Military Academy positions available** — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and non-commissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs.

Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point.

For application information, go to <http://www.usma.army.mil/adjutantgeneral> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

**Special Forces briefings** — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter proliferation.

Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

## CIF Hours

**Central Issue Facility hours of operation:**

### Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

### Initial/partial issues

Mondays, Thursdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m. and Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

### Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

### Partial turn-ins

Mondays, Tuesdays, Wednesdays and

Thursdays from 12:30 to 3 p.m.

### Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays, call 526-3321.

Effective immediately: Replacement will be scheduled Monday, Thursday and Friday mornings. Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing. Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with a supply sergeant.

### Active-duty units — Permanent

Change of Station/End of Time in Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

## Laundry Service

**Post Laundry Service** — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in. Allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. Turn around for service is 72 hours.

No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

## Briefings

**eArmyU** — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

**The Army Career and Alumni Center briefing** is required for all depart-

ing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m.

Call 526-1002 or 526-0640 to schedule a briefing.

**Are you end of time in service?** If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

**The Commanding General's Newcomers' Brief** is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

## Hours of operation

**Education Center hours of operation** — The Mountain Post Training and Education Center's hours for certain programs and services are as follows:

### Counselor Support Center

Monday through Thursday, 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Army Learning Center and Basic Skill Classes — Monday through Thursday, 9 a.m. to noon and 1 to 4 p.m.

Defense Activity for Non-Tradition Education Support and Advanced Personnel Testing — Monday through Friday, 7:30 a.m. to 4:30 p.m.

eArmyU Testing — Monday through Thursday, 8 a.m. to 4:30 p.m. and Friday, 8 a.m. through 4:30 p.m.

eArmyU Office — Monday through Thursday 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Military Occupational Specialty Library — Monday through Friday, 7:30 a.m. to 11:45 a.m. and 12:45 to 4:30 p.m.

**Claims Division hours** — The Claims Division office hours are Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m. The office is closed Fridays.

### Personnel Claims hours:

Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m. Submit DD 1840/1840R

### Receive documents for filing:

Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352.

**Editor's note:** The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.

# Dining Schedule

## Weekday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)  
3rd ACR CAV House (building 2461)  
Mountaineer Inn (building 1369)  
10th SFG (A) (building 7481)  
3rd BCT Strikers Cafe (building 2061)

## Weekday Meal Hours

Breakfast 5:30 to 9 a.m. (All facilities)  
5:30 to 8:30 a.m. (Cheyenne Mtn. Inn)  
Lunch 11:30 a.m. to 1 p.m.  
Dinner 4:30 to 6:30 p.m.

## June 17 to 25

## Exceptions

- Patton House is closed until further notice.
- Strikers and 43rd ASG are open Saturdays and Sundays.



## Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House. (building 2461)  
43rd ASG (building 1040)  
Mountaineer Inn (building 1369)  
3rd BCT Strikers Cafe (building 2061)

## Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.  
Lunch 11:30 a.m. to 1 p.m.  
Dinner 4:30 to 6:30 p.m. 3 to 5 p.m. (Cheyenne Mtn. Inn)

# Simple errors delay military mail

by **Spc. Blanka Stratford**  
**Army News Service**

**FORT McPHERSON, Ga.** — Something as simple as adding the name of the destination country to an address can delay the delivery of mail to service members overseas.

It is a problem the military postal system encounters daily, said Capt. Faye Slater, Third Army and Coalition Forces Land Component Command chief of theater postal operations.

To alleviate this situation, Slater said help is needed from the family and friends of deployed service members. Senders stateside are actually slowing the delivery of the mail by not properly addressing letters and packages. The sender needs to know the name of the country and the name of the base camp where a service-member is stationed are incompatible with regulated military addresses.

"The U.S. Postal Service system has automated sorting machines that read the address and determine whether a letter or package goes through military postal channels, regular USPS or international postal channels," Slater said.

By writing Kuwait or Iraq on a letter or package, it is routed through civilian mail channels rather than military ones. When that happens, the mail can be delayed significantly. This is attributable to the sorting machine's inability to discern whether or not the letter is intended to reach an Army or Fleet Post Office address.

A recent case of this common mistake occurred when Soldiers' mail was found in the post office in downtown Baghdad rather than being sent to where the Soldiers were deployed.

"They brought us 21 letter trays filled with mail dated between December and February," said Lt. Col. Edward Passineau, commander of the joint military mail terminal at Baghdad International Airport. "Based on the attached (tracking) tags, this mail never went through the military mail channels, but was sent directly from John F. Kennedy Airport and passed through either Kuwait or Jordan."

Additionally, there have been a number of reported cases of internationally channeled military mail being opened, searched through and/or tampered with — a matter that could potentially be identified as a danger to both individual and unit security, said Slater.

Slater said it is important for loved ones who remain at home to understand the step-by-step procedures that shape the entire military mailing system and current updates on any and all developments made to the military postal service. Knowing the latest rules can help decrease the time needed to process the mail.

"I really believe there is a lack of information and understanding of the military postal system," she said.

Slater hopes to develop awareness by presenting the general public with an idea of the measures and steps taken between the time a letter or parcel initially leaves a sender's hands and the time it is finally picked up by a recipient.

Particularly in a war zone, there may be instances when several critical measures must be taken into consideration.

"For example, the delivery may possibly be heading for a remote site that is not located near a main logistics hub, and it is not easily accessible," said Slater. "If that's the case, other issues may emerge, such as organizing a

convoy and sustaining certain security procedures, and those issues may delay the anticipated time of the parcel's arrival."

Force protection on mail convoys is an ever-present issue, and conditions causing delays change daily, she said.

Prior to a letter or package even reaching such proximity to its final destination, it must undergo a series of transfers, starting from the mailbox or post office where it is first dropped off.

"From the local town post office, the mail is transferred to the state's general mail facility, in which the mail is consequently processed at one of USPS' international gateways," Slater said.

The facilities of the USPS not only handle international mail but also all of the international mail of the armed services.

"A small military contingent operates with USPS at these gateways to assist USPS in routing mail to overseas points," she said.

At this point, the mail is loaded onto the aircraft for delivery to the Southwest Asia area of operations. Those letters are sent on connecting flights that average less than 29 hours from takeoff to delivery at the first offload point in the Middle East.

Once the shipments arrive at the main transportation hubs in Iraq, contracted drivers drive the mail to the receiving camp's main post office. The departures depend on local ground dangers, highway problems and the force protection that must accompany the convoy

## Military mail

From Page 7

"At the camp, post office personnel take the mail and sort it by the different units that it supports," she said.

The day the mail is delivered to the main post office is not necessarily the same day that all units arrive to retrieve their mail.

"There are literally dozens, if not hundreds, of units situated long distances from the main bases or camps that are unable to get a hold of their mail everyday, for (vital) reasons such as operational security," she said.

Slater said obstacles like mission delays or additional safety precautions might, at times, slow down the final deliveries. On the same token, those mission delays or additional safety precautions may save lives.

"This is not like the USPS in the United States, where you can go up to your lockbox and pick up your mail," she said. "This is a war zone. It's a totally different world."

Nevertheless, the present mailing system is a vast improvement from the method used during Operations Desert Shield and Desert Storm.

In response to ongoing queries about delivery of mail via the Military Postal Service System, agency

officials said that more than 65 million pounds of letters and parcels were delivered to the U.S. Central Command area of responsibility during calendar year 2003, at a cost of nearly \$150 million.

"On a daily basis, just in Iraq alone, we receive up to 300,000 pounds of mail," said Slater. "That's two huge 747-size plane-loads. Even on days we don't get that much, there is enough for at least one 747 from Newark, N.J. And the U.S. Postal Service contracts for planes that have the sole purpose of transporting mail in and out of the theater every single day."

**Editors note:** *Spc. Blanka Stratford is from the Third U.S. Army/CFLCC Public Affairs.*

## Equipment

From Page 3

cials. "They do a good job of keeping the dust out of my eyes and work as sunglasses, too," said 2nd Lt. Aaron Fegley, maintenance platoon leader, 15th Forward Support Battalion, 1st Calvary Division, now serving in West Baghdad.

Some new equipment not under RFI includes the Interceptor Body Armor, which, according to PEO Soldier, the outer tactical vest of the IBA stops fragmentation, as well as hand-guns rounds.

Although the M4 has replaced 10 percent of the M16s in the Army so far, there are no plans to completely replace the M16. The advantage is "the M4

Carbine is smaller and more compact," said Col. Michael J. Smith, project manager of Soldier Weapons.

"Just about anyone carrying an M16 would rather be carrying an M4. It's smaller and lighter and is better for shooting out of vehicles," said Fegley. "Also given that you have to carry your weapon wherever you go, it's easier to carry an M4 than an M16."

New weapons in the testing stage include a Remote Operated Weapon Station to be installed inside the humvees. These new weapon stations will allow Soldiers to fire at targets without exposing themselves.

With help from those who were serving in Afghanistan, the RFI program was able to get input

from Soldiers based on what improvements were needed on equipment and what equipment should be issued to each Soldier for an increased combative effectiveness said Rash.

When RFI found that their Wiley X goggles were not lasting as long as expected, Soldiers suggested issuing them a hard case instead of soft cases to store the goggles in.

"They have very good ideas and input to help us with," said Rash. As a result the goggles are lasting longer.

A main concern when fielding new products is to reduce the weight Soldiers must carry, yet provide them with the capability they need, said Rash.

The Infantry School in

Fort Benning, Ga., leads the effort in deciding what makes it on the RFI list and what does not. All requests for RFI equipment are funneled through the Infantry School. It tests the product, gets feedback from the Army and eventually make the decision if a product should be included in RFI or not.

RFI has set up a section on its Web site where Soldiers can go to make comments or suggestions about equipment. It also has a team that travels to the units to gather feedback and suggestions. "We have had great feedback from the Soldiers," said Rash.

For more information on new equipment, check out the PEO Soldier Web site <https://peosoldier.army.mil/default.asp>.

## 3rd ACR

From Page 5

ing removing members of Saddam Hussein's Ba'ath Party, establishing the first Iraqi Highway Patrol, Border Police and Civil Defense Corps in Iraq's largest Province, Al Anbar. The regiment also remodeled and refurbished schools, banks, police stations, and courthouses and got electrical power running during its deployment, Wilson said. Forty-nine troopers gave their lives in the process.

"They (3rd ACR) executed some of the most dangerous and complex missions," the commanding general said.

Wilson also expressed confidence and optimism in what the regiment will accomplish under McMaster's leadership.



# Community

## Election 2004

### Mountain Post begins voting push

by **Spc. Zach Mott**  
**Mountaineer staff**

Every four years our nation votes for a president. In the 2000 presidential election the difference in the popular vote was 543,895 votes. That's less than half the number of people who live in Denver, according to the most recent census data.

Fort Carson is beginning the push to inform the more than 15,000 Soldiers, 30,000 family members and 45,000 other members of the Mountain Post community about the importance of voting. Unit voting assistance officers are helping by ensuring each eligible resident

receives a Standard Form 76 — the federal postcard voting application.

"Voting provides members of uniformed services and their dependents with the opportunity to vote on the people who affect their pay, that affect who is going to send them into combat, affect their living conditions and things like that," said Brian Griffiths, a program analyst from the Federal Voting Assistance Program based in Washington, D.C.

Griffiths visited the Mountain Post to discuss the Department of the Army effort to ensure every Soldier has his voice heard in local and general elections.

"Your vote always counts," he said. "But your vote can have a great impact on local elections. On a scale, one vote can have more importance in a local election than a national election."

If you are unsure of where to obtain a SF 76, or where to send it, voting assistance officers from each unit will be able to service your needs.

"The voting assistance officer is required to provide Soldiers and their dependents the form, information and availability for assistance," Griffiths said.

Anyone interested in voting is

reminded to return the SF 76 and subsequent absentee ballot as quickly as possible to ensure it arrives at the proper voting location on time.

Absentee ballots can be obtained by mailing the SF 76 to your home of record's county election office. The VAO can help determine where that is if you need assistance.

"Voting is very important when you consider that Soldiers fight for the right of freedom and democracy around the world," Griffiths said. "It's important that they be afforded that opportunity to exercise their rights under that and to vote for their elected officials."

### Counsel outlines political limits for Army personnel

by **Courtney Hickson**  
**Army News Service**

**WASHINGTON** — As the 2004 election draws closer, Soldiers and Army employees face restrictions on political activities different from those which apply to the general public. Violating those restrictions could result in termination of employment or other penalties, officials said.

Federal and state employees fall under the guidelines of the Hatch Act and its amendments. Political restrictions for Soldiers are detailed in AR600-20.

"The statutory and regulatory guidance pertaining to the political activities of Soldiers and government employees is difficult to summarize in a short news article," said Maj. John Muehlheuser from the General Law Branch, Administrative Law Division, Office of The Judge Advocate General. He emphasized that all Soldiers and government employees should consult the statutes and regulations applicable to their specific situation before participating in political activities.

Legal restrictions are placed upon Department of Defense personnel because they are public servants. Also, there is a long-standing DoD policy that DoD personnel acting in their official capacity may not engage in activities that associate DoD with any partisan political campaign or election, candidate, cause or issue.

Among other restrictions, federal employees may not solicit or receive political contributions or engage in political activity while on duty in a government office, while wearing an official uniform or driving a government vehicle.

Additionally, many federal and state employees are not permitted to run in a partisan election. According to the Office of the Special Counsel Web site, the process for running for

this type of election begins when the candidate begins to collect signatures, schedules fundraisers, files a nominating petition, makes an announcement to the press or puts a campaign committee together.

Under the provisions of Army Regulation 600-20, paragraph 5-3, a Soldier on active duty may not participate in partisan political management, campaigns, or conventions, including the solicitation of votes or political contributions for a particular candidate or issue.

Muehlheuser said changes in the duty status of National Guard and Army Reserve Soldiers change the rules applicable to their political activities. For example, Soldiers ordered to extended active duty must adhere to additional restrictions on political activities. Muehlheuser said requests for guidance on political activities issues have been more prevalent over the last year or two as a result of mobilizations to help fight the Global War on Terrorism.

"This office will prosecute Hatch Act violations in an evenhanded and vigorous fashion," in a press release, Special Counsel Scott J. Bloch stated. "As we enter the 2004 national election cycle, it is important for federal employees to be well aware of the prohibitions on partisan candidacy, coercion of partisan support and political activity while on the job."

While the Hatch Act applies to federal employees, an employee's conduct is also subject to the laws of the state and the regulations of the employing agency.

Government employees with questions regarding the propriety of prospective political activities, or concerns about possible violations, can contact the Hatch Act Hotline at the U.S. Office of Special Counsel, (800) 854-2824 or e-mail: [hatchact@osc.gov](mailto:hatchact@osc.gov) or [www.osc.gov](http://www.osc.gov). Members of the Army may also contact their installation legal office for assistance.

#### Political limits for Soldiers

The Army Materiel Command Web site states, while on active duty, a Soldier may do the following:

1. Register, vote and express a personal opinion on political candidates and issues as a private citizen, but not as a representative of the Armed Forces;
2. Promote and encourage other Soldiers to exercise their voting franchise so long as it does not constitute an attempt to influence or interfere with the outcome of an election;
3. Join a political club and attend its meetings when not in uniform;
4. Serve as an election official if such service is not as a representative of a partisan political party, does not interfere with military duties, is performed while out of uniform and has the approval of the installation commander;
5. Sign a petition for specific legislative action or a petition to place a candidate's name on an official election ballot so long as the signing does not obligate the Soldier to engage in partisan political activity and is done as a private citizen and not as a representative of the Armed Forces;
6. Write a letter to the editor of a newspaper expressing the Soldier's personal views on public issues or political candidates, if such action is not part of an organized letter-writing campaign or concerted solicitation of votes for or against a political party or partisan political cause or candidate;
7. Make monetary contributions to a political organization, party or committee favoring a particular candidate or slate of candidates subject to statutory dollar limitations;
8. Display a political sticker on the Soldier's private vehicle.

## Happy trails ...

# Remember bicycle safety around post

by Pfc. Clint Stein  
Mountaineer staff

Many people at the Mountain Post have been using bicycles as a means of transportation and recreation, but they need to know the rules and regulations for riding safely before they pedal their way down the streets of Fort Carson.

One of the biggest misconceptions that bicyclists have is that they have the right-of-way when riding on the streets, said Jenny James, Fort Carson Safety Advisor. According to Fort Carson Regulation 190-5, bicyclist shall obey all rules of the roadway to include traffic signs, signals, instructions from traffic control personnel and riding

with the flow of traffic.

The Fort Carson Military Police can issue a citation under Department of Defense 1408 traffic law, said Staff Sgt. Larry Berremar, desk sergeant at the Provost Marshal's Office. The citation of the bicyclist is then sent to his or her commander where he or she will be counseled according to the commander's discretion, said Berremar. The citation is then sent back to the Provost Marshal's Office with the counseling or other type of punishment that was enforced upon the Soldier. If the cyclist is a family member of a sponsor, the sponsor is reprimanded in the same as if he or she received the citation directly.

The most common violation that many Fort Carson bicyclists are guilty of is not wearing a safety helmet, said James. According to Fort Carson regulation, cyclists should wear helmets approved by the American National Standards Institute or the Snell Memorial Foundation. The helmet is always supposed to be worn with the chinstrap firmly buckled and secured straight on top of the head. If the bicyclist is ever involved in an incident where the helmet is even slightly damaged the helmet should be replaced.

Another safety rule cyclists may not be aware of is riding on the far right side of the road within practical safety reason in the same direction as motorized traffic. When emerging from a driveway or alleyway, the bicyclist should come to a complete stop and yield the right-of-way to immediate approaching traffic. Another big safety infraction when out riding is wearing headphones, which prevent the bicyclist

## Bicycle safety tips

- Protect your head by wearing a helmet.
- See and be seen — wear bright fluorescent colors during the day.
- Avoid biking at night — if riding at night, equip your bicycle with head and tail lights and wear reflective gear.
- Stay alert — keep a lookout for obstacles in your path.
- Ride with traffic.
- Be aware of traffic around you.
- Learn and obey the rules of the road
- Ensure bicycle readiness — is your bicycle properly adjusted?
- Check your wheels, they should be securely fastened.



Photo by Pfc. Stephen Kretsinger

**Mountain Post cyclists take care to wear the proper safety gear during the Bike to Work Day June 23. According to Fort Carson regulation, a helmet is to be worn at all times when riding a bicycle.**

from hearing what's going on around them. Also, double riding on one bicycle is prohibited, except with tandem-built bicycles; however, child carriers are authorized.

Although it is not mandatory, it is recommended that whenever riding a bicycle during the day some type of reflector belt or vest should be worn, said James.

"Anything that helps you stand out in traffic helps," she said.

If riding at night, the bicycle must be equipped with a headlight that is visible from 500 feet away to the front and a red reflector on the rear that is visible from 300 feet.

Another piece of equipment that is

mandatory on all bicycles is either hand brakes or pedal brakes, although pedal brakes are encouraged for young children. When teaching children how to ride a bicycle, consider his or her coordination before venturing out to the streets.

Also, make sure the bicycle fits the rider. When sitting on the seat with hands on the handlebar, the child should be able to touch the ground with the balls of their feet. Children under 12 should be supervised at all times, according to the Fort Carson safety regulation.

Remember to adhere to the safety rules of bicycling and always wear protective gear, said James.

# Community Briefs

## Miscellaneous

**Guam Liberation** — Families and friends of the Island of Guam will celebrate the annual Guam Liberation July 17, at the John Metcalfe Park in Fountain at Fountain Mesa Road and East Ohio, at 11 a.m. This year's event will mark the 60th anniversary of the island's liberation. For more information on the event, contact Chris or Sheila Escalona at 322-0288 or 237-4700 or 237-4701, or e-mail at [chrisqe@adelphia.net](mailto:chrisqe@adelphia.net).

**Traffic roundabout** — The construction of a roundabout (traffic circle) is tentatively planned for this summer at the intersection of Harr Avenue and Nelson Boulevard. The start is solely dependent on the availability of construction funds. It will be a single lane roundabout with a truck apron, and a raised landscaped island. Raised islands will also separate the traffic from the pedestrian walkways.

Construction will disrupt traffic utilizing Gate 1. The Gate 1 facilities and Visitor Control Center will remain open while the roundabout is under construction. A temporary bypass road will be constructed to move traffic from the gate to Harr Avenue, similar to the temporary road that routed traffic around the original Gate 1 construction. The exact routing has not been finalized.

There will be congestion because of the limited/restricted nature of the bypass road-one lane in each direction. Construction will take about 120 days. Alternate routes are advised. All of the other gates will be open.

A driving tip for using a roundabout: vehicles entering the circle yield to the vehicles already in the circle.

**Colorado Division of Wildlife offers active duty special elk hunt** — The Colorado Division of Wildlife has provided Fort Carson with 17 additional late season rifle cow elk licenses. This special hunting opportunity is being afforded to Fort Carson assigned active-duty military members only. Interested hunters must complete the necessary application and provide it to the DECAM Wildlife Office no later than July 12. The application selection for the licenses will be done by random drawing July 21.

To obtain an application, log on to the U.S. Fish and Wildlife Web site at <http://mountain-prairie.fws.gov/gmu591/> or stop by the DECAM Wildlife Office. To get to the DECAM Wildlife Office, follow Specker Avenue to Butts Road, drive south 4.4 miles on Butts Road to Route 4, then drive west 3.6 miles on Route 4. At the intersection just after the Olympic Shooting Center and before Womack Reservoir, turn right and drive north to the Wildlife Office, which is open Monday through Friday, from 6:30 a.m. to 3:30 p.m.

**Self-help weed control program** — Army Regulation 200-5, Pest Management, requires pesticide applicators on military installations to be certified. The Directorate of Environmental Compliance and Management has developed a self-help program that allows military members, after they receive the necessary training, to be issued a pre-mixed Round-Up herbicide to treat weeds in rocky areas around their barracks, service and administrative areas and motor pools.

In order to meet strict regulatory requirements for application of these products, units who wish to participate in the Self-Help Weed Control Program must have their military members trained in the proper handling, transport and application of herbicides. Once an individual has received the required training, the DECAM can issue them pre-mixed herbicides in sprayers or Weed-N-Feed with spreaders for their use.

Training sessions are held every Tuesday from 10 to 11 a.m. through the end of October at building 3711.

Each unit may send up to five people for training unless pre-approved for more through the unit commander and DECAM. Sprayers and/or spreaders can be picked up and returned to building 3708 Monday through Friday between the hours of 9 a.m. and noon only.

To find out more about the Self-Help Weed Control Program, call the Pest Control Facility at 526-5141. The Fort Carson housing contractor is responsible for the application of herbicides for weed control in family housing areas. For more information on housing weed control, call the housing contractor at 579-1606.

**OSJA closure** — The Office of the Staff Judge Advocate will be closed July 9 for organizational day activities. The SJA duty officer can be contacted in emergencies through the Emergency Operations Center or the Military Police. Call Sterling Largin at 526-5361 for more information.

**Camp and sports physicals** — Evans Army Community Hospital has set aside additional physical slots to meet the high demand. Call soon to get a time that works for you.

School physicals are not a requirement for entry into any local school.

Immunizations will need to be updated for children entering kindergarten and children 11 to 12 years of age.

Peds Immunization Clinic Hours: 7:30 to 11:30 a.m. and 1 to 3:30 p.m. Monday to Friday. Closed after 11:30 a.m. the second Thursday of the month.

- Immunizations are done on a walk-in basis
- Call 264-5000 to make an appointment for a physical.

**Health and Safety Office closing** — The American Red Cross Health and Safety Education Office in room 1801 at Evans Army Community Hospital will be closed for two months. The Health and Safety program is part of the Pikes Peak Chapter in Colorado Springs which is currently undergoing a transition.

If you are a military unit or family member interested in a community CPR/first aid or other health and safety education classes, call the chapter at 632-3563. The new address is: 1040 South 8th Street in Colorado Springs, across from Motor City.

**Youth sponsorship training** — Army life means having to leave your home, school and friends to move to a new installation. Youth sponsorship offers you the opportunity to make new friends and help someone adjust to their new home.


Classes are offered one Saturday per month at the Family Connection Center in building 1354 from 2 to 4 p.m. Upcoming classes are July 17, Aug. 21, Sept. 18 and Oct. 16. For more information on youth sponsorship, call 526-1070.

**Bulk trash pickup change** — In order to help maintain a refreshing curb appeal, bulk pickup is once per week. Bulk pickup is scheduled every Friday only. Please place items to be picked up at the curb in front of your home first thing Friday morning. Bulk pickup begins at 7 a.m. and continues until all items are picked up. In order to help us keep the curb looking sharp, please help us by not storing items outside, other than Friday morning for bulk pickup. We thank you in advance for helping make our community a better place to call home.

**Voting information** — For voting information or voting materials, see your unit's Voting Assistance Officer or contact the Fort Carson Voting Assistance Officer at 526-8419. You can also find voting information by going to the Federal Voting Web site at [www.fvap.gov](http://www.fvap.gov) or the Fort Carson Web site at [www.carson.army.mil](http://www.carson.army.mil), click on Links.

**Yard Sale** — The annual Fort Carson Mayors' yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; dates are Saturday, July 17, Aug. 7 and 21, Sept. 4 and 18, Oct. 2 and 16, Nov. 6 and 20 and Dec. 4 and 18.

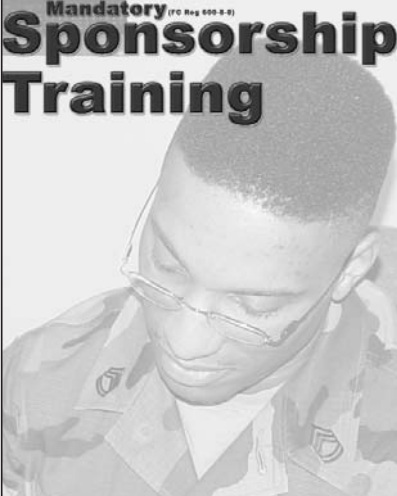
Both on- and off-post residents can participate. Housing residents can set up yard sales in front of their houses; barracks and off-post residents can set up in the Beacon Elementary School parking lot.



**Army Community Service  
Family Readiness Center**  
719-526-4590

Mandatory (FC Reg 500-5-2)

## Sponsorship Training



Relocating is one of the major stressors of Army life, affecting retention and mission readiness. Effective sponsors can minimize issues associated with frequent relocation by providing pre-arrival information.

**SIGN UP NOW!**  
Help newcomers get settled in, feel a sense of belonging, welcome and concern.

**Tuesday, July 13, 2P.M.-3P.M.**  
**Family Connection, Bldg. 1354**

All sponsors are required to have mandatory training through ACS prior to being assigned as a sponsor. For details or to register, contact the staff at the Family Connection at (719) 526-1070.

All residents and sellers must comply with the following guidelines:

- Residents are responsible for conducting their yard sale.
- Individual occupants are responsible for trash control and removal, which must be completed by 5 p.m. the day of the sale or citations will be issued.
- Commercial organizations and individuals will comply with all regulations related to commercial solicitation.
- All sellers are prohibited from offering for sale items such as drugs, guns, food or anything that does not conform to the rules and regulations of Fort Carson or the state of Colorado.

For more information, contact your village mayor or the mayor program coordinator at 526-1082 or 526-1049.

**Enhanced 911 Survey** — The Directorate of Information Management is conducting a building-by-building telephone survey in support of the E-911 implementation. The Fort Carson E-911 system will use government administrative telephones, identified by prefixes 524 and 526, to provide emergency response coordinated through the fire department.

Several survey teams will visit buildings to verify telephone numbers, unit identification, room, floor, building and address. Team members will be wearing hats and vests identifying them as 911 survey team members. Facility managers and telephone control officers will be contacted for assistance in this survey process.

For information on E-911 service on nongovernment telephones, contact the service provider (i.e. Sprint, Qwest, Nextel).



# Kiowa Village gets first youth mayors

by Pfc. Stephen Kretsinger  
Mountaineer staff

The Mountain Post selected its first mayor and deputy mayor for a new youth mayor program.

The Fort Carson Mayor Program chose Aeriele Roark as youth mayor and Amanda Phillips as deputy mayor for Kiowa Village. Kiowa Village is the first village to implement the youth mayor program.

"The purpose of the youth mayor program is to keep good rapport with the children in the village," said Dominique Haftmann, mayor, Kiowa Village. "(It helps) to keep more in

touch with the kids."

"Their first responsibility is to help the mayors," said Joey Bautista, coordinator, Mayoral Program. "It branches out just like the chain-of-command."

"The youth mayors do the same job as the mayors," said Bautista. "They help run the village making sure the people are aware of activities. They help spread the word and help pass out the monthly newsletters."

The youth mayors let the children of the villages know of policies concerning them and also take the concerns of the children back to the mayor, so it can be brought up at the monthly meetings held with garrison command.

"I think the kids are more apt to go and talk to the youth mayors than they would an adult," said Haftmann.

The youths also help with village beautification which can help them with requirements for their academic futures.

Many high schools require an amount of community service for graduation and some colleges require it for admission and this can assist in that, said Bautista.

"We go and police the parks every week," said Haftmann.

"We are going to see if we can have youths help clean up different villages than their own to add to their community service hours," said Haftmann.

The youth mayor program allows the children of the villages to take an active part in where they live.

"Any activity the mayors participate in, the youth mayors will be part of it," said Bautista. "Like the monthly meetings we do, they would attend those."

The youth mayor program is completely voluntary and the requirements to become a youth mayor or deputy youth mayor are few. The candidate must be 14 years or older, live in the village they are volunteering to be a mayor in and have a written permission slip signed by their parents. Besides those requirements, it's first come, first served to become the youth mayor of a village, said Bautista.

"We started to recruit back in April or May, but because of school it didn't get started until the last week of May, first week of June time frame," said Bautista.



Courtesy photo

**Amanda Phillips, deputy youth mayor, Kiowa village.**

The voluntary mayor program is set up to assist in the quality of living for the Soldiers and families living in housing on Fort Carson.

"They (the mayors) are the ears and the eyes for the garrison command to make sure the needs of the community are met," said Bautista. "The Army set standards for the quality of life and the mayors are the ones that make sure the standards in housing are met."

For more information or to volunteer for the youth mayor program, contact your village mayor or Bautista at 526-1082.



Courtesy photo

**Aeriele Roark, youth mayor, Kiowa village.**

## Bike to work

From Page 1

Week," said Noll. "There's a whole Bike to Work Day around the country, but Colorado had to make a different day because of weather circumstances."

The day began at 5:30 a.m. at the El Pomar Youth Center where the participants signed in and got ready to bike 5.6 miles on the first part of the ride.

The Mountain Post Wellness Center staff members were on hand to assist with registration and any medical assistance that could occur along the way.

The trip took the riders along a bike trail that crossed Circle Drive, went under Martin Luther King Bypass and Nevada Avenue, through Dorchester Park, which had an area for bike maintenance, and up to Sierra Madre Street.

After taking a sharp right onto Sierra Madre Street the bicycle riders rode to Rio Grande Street. The route continued past the Police Station to Corona Street by way of Fountain Boulevard.

The group of riders rode up to El Paso Street where they met up with other local bicycle riders including Colorado Springs Mayor Lionel Rivera.

From there, the whole procession rode down Pikes Peak Avenue to the Antlers Adam's Mark Hotel. There they enjoyed a breakfast of eggs, fruit, coffee, juice and more. During the breakfast an opportunity drawing was held with prizes ranging from safety helmets to a fully loaded bicycle. Everyone in at the breakfast received a free water bottle and a bag of goodies from various bike and outdoor recreation businesses from the local area.

"This is by far the biggest we have had and Fort Carson's role is its biggest ever," said Noll. "We're adding 50 percent more people this year to the breakfast than we have had in the past."

After the breakfast the bicyclists returned to El Pomar Youth Center by a slightly shorter route that



Photo by Pfc. Stephen Kretsinger

**Col. Brian C. Lein, commander, Evans Army Community Hospital; and Col. Michael Resty Jr., garrison commander, Fort Carson; participate in Bike to Work Day.**

brought their total miles to approximately 10 miles for the day.



# Defense Ammunition Center answers FAQs about HAZMAT

by Jim Wagner and Tom Evans  
Defense Ammunition Center

Below are some frequently asked questions, which the Defense Ammunition Center typically receives concerning shipments of hazardous materials:

## **Does my shipment of flameless ration heaters need to be certified as HAZMAT?**

Yes. flameless ration heaters are Hazard Class 4.3 and require documentation when shipped as items of resupply. However, when they are packaged as part of the Meal Ready To Eat, they are not considered to be HAZMAT.

I have some empty fuel cans. Do I need to label and certify them?

If the fuel cans have not been purged, then you must mark, label and certify them as though they were full.

## **Does a military driver need a commercial driver's license to carry HAZMAT?**

No. When in uniform and driving a military vehicle, a CDL is not required. They are required, however, to be HAZMAT trained and a HAZMAT endorsement annotated on their military drivers license.

## **What training is required for military drivers carrying HAZMAT?**

We have a computer-based training compact discs which meets the requirement for "general familiarization/safety" training as required by the 49 Code of Federal Regulations. Please contact our office for copies.

**I am shipping a truck on a railcar, what kind of shipping papers do I need and do I have to put**

## **labels/placards on the truck?**

If you are only shipping the truck as a vehicle — use 49 CFR, paragraph 173.220 which tells you that a vehicle being loaded on a railcar is not regulated. You must, however, drain the fuel to the lowest amount needed to get the vehicle on/off the railcar. However, if you are loading secondary cargo on the vehicle, and that cargo is HAZMAT, you must follow all requirements for the secondary cargo to include possible placarding of the truck for all the hazards inside.

## **What kind of placards do I need to put on my building to show that I have HAZMAT or ammo inside?**

Building placards are not the same as those used on transport vehicles. For that information, you should contact the safety office. They will tell you if you need storage fire symbols or the Occupational Safety and Health Association identification placarding. When shipping flammable liquids (gasoline, JP-8, etc.) is the flashpoint required to be entered on the shipping paper?

Not if the cargo is being transported by truck, rail or air. The flash point is a required entry on shipping papers for shipment by vessel. Also, it is a required marking on the item/package for all modes of transport.

For more information or assistance, contact Jim Wagner or Tom Evans at 524-1241/2740, building 1117, room 206/207 or e-mail them at: [james.wagner@carson.army.mil](mailto:james.wagner@carson.army.mil) or [thomas.evans@carson.army.mil](mailto:thomas.evans@carson.army.mil).

## DPW changes way to submit DA 4283

As of Tuesday, the Directorate of Public Works will only accept the electronic version of the Department of the Army Form 4283. The multi-part form is obsolete and will no longer be accepted. You can locate the DA Form 4283 in Fort Carson forms.

Fill out the form completely making sure to add an e-mail address in the remarks block where the DPW can contact the point for contact for information. The authorized requester must be the same person as the approving authority that is shown on the DA Form 1687 signature card which is kept on file at the DPW.

The form, and all attachments, should be e-mailed to: [Jeanne.Cline@carson.army.mil](mailto:Jeanne.Cline@carson.army.mil).

Instructions to e-mail from Formflow:

Choose "File," then "Send Form." A box appears telling you someone is trying to access e-mail.

Click on "allow access," click "yes." A send form compose box appears. Type title (DA Form 4283). Click on "address tab," find "Cline, Jeanne L." Name appears in recipients box. Click "OK." A "sending form package" message appears then a box appears that someone is trying to access e-mail; click "allow access for 1 minute." Once entire "send line" is filled up, click "yes" and the form will mail to recipient.

If you have difficulty submitting your electronic 4283, call Angela Lynch at 524-1427, Jeanne Cline at 526-2867, Harold Wood at 526-9246 or Steven Johnson at 526-9248. You may visit building 305 and receive customer assistance.



Photos by Sgt. Chris Smith

### *In memory ...*

At a memorial ceremony June 25, retired 1st Sgt. Ernie Mazurkiewicz plays taps on the bugle. The memorial ceremony was for Spc. Gilbert White, right, who passed away June 19 from encephalitis contracted in Iraq. White was assigned to Battery C, 1st Battalion, 44th Air Defense Artillery, 3rd Brigade Combat Team. White earned many accolades. He was awarded seven Army Achievement Medals, two Army Commendation Medals and earned the distinction of Top Gun three times during live-fire training.



# Protect your plasma screen TV during next PCS

by **Capt. Joseph L. Strawn**  
**Office of the Staff Judge Advocate**

If you own a flat screen plasma television, you should take special care before your next permanent change of station to ensure this high-priced item survives the move in working condition.

Plasma televisions are expensive and delicate pieces of electronic equipment and are susceptible to shipping damage in ways that standard television sets and other electronics are not. Plasma televisions are more likely than other forms of electronic equipment to be damaged by the extreme temperatures and high altitudes that often occur during shipment.

The key to preventing damage is to properly pack your plasma television prior to shipment. Anyone who owns a plasma television or is think-

ing of purchasing one should retain the original manufacturer's packing and shipping carton and use it when it is shipped in the future. It's also important to know that the maximum allowable payment for damage to a plasma TV is \$1,500. This means that if your plasma television is damaged as part of your household goods shipment and the claim is payable, the most the claims section at the Office of the Staff Judge Advocate can pay you is \$1,500. Because the claims section might not be able to pay you full value, it is advisable to obtain private insurance.

As with any high value or easily breakable item, it's a good idea to bring it to the attention of the individuals packing your household goods that extra precautions must be taken to protect it. Also make sure that it is listed accurately on the

inventory sheet prepared by the movers after they have packed your household goods. For example, a flat-screen plasma television should not be listed simply as "television set." It's also important to document ownership of your plasma television, as well as the rest of your household goods, before the move. Save receipts, bills, owner's manuals and other proof of ownership. These important documents

should never be shipped with your household goods. They should be shipped separately or hand carried. This way, if items are lost, your

proof of ownership will not be lost as well.

If you have any questions about the shipment of plasma televisions, or any other items, contact the Fort Carson claims office at 526-1355.

The claims office is located on the first floor of building 6285 on Woodfill Road and is open from 9 to 11:30 a.m. and 1 to 4 p.m. Monday through Thursday.



# Religious freedom comes from Independence Day

**Chap. (1st Lt.) Jamison Bowman**  
**3rd Armored Cavalry Regiment**

During this Independence Day weekend, many Soldiers and families will celebrate the Fourth of July in various ways.

Americans often shoot fireworks, participate in parades, grill various foods, visit relatives, or just enjoy time off from work. We must use our holiday time to remember that valiant men and women won the battles for freedom, and laws were established that we use today.

The beginning of the first Amendment reads as follows: "Congress shall make no law respecting an establishment of religion ..." America cannot create laws to

require the people to profess a particular faith. In some countries, one faith is mandatory either by law or through violent pressure from individual religious or military groups. Fortunately, our country delegates the choice of worship to the citizen.

God operates in a similar fashion. Throughout the Bible, the Almighty graciously gives mankind the opportunity to choose whether or not they will believe in him. Jesus said it this way concerning the Roman government at that time: "Give to Caesar what is Caesars, and give to God what is God's." No one is forced to live for God, it is a choice.

There are no laws that prohibit us from worshipping

God openly. Each week the Mountaineer publishes the weekly chapel services: and you are invited to attend. Many Soldiers hold Bible studies or worship time in their homes. If you ask around, you might find one that suits you. The Protestant Women of the Chapel is a fabulous support group for those affiliated with Fort Carson.

How can you celebrate your First Amendment right this Independence weekend? Look within your heart. If you are inwardly inclined to participate in some type of religious expression, do not hesitate to act upon it. Soldiers that freely worship are the type of men and women that our country needs: spiritual combat multipliers.

## Lawn service

From Page 1

Also, all residents, even those who receive the service, will still be responsible for maintaining their backyards and for watering their lawn in accordance with the watering restrictions set by the City of Colorado Springs. Residents with yard decorations will also be expected to keep them out of the way and provide clear access to lawns and shrubs to Stafford said the schedule for maintenance is still being fine-tuned.

"It's hard to say what the exact schedule will be. It may be a once-a-week thing, but we're anticipating it being cut every other week," he said.

A schedule has been set for July, but the details after that are still being worked out.

The lawn-care service is part of a larger effort by GMH Military Housing, the company that manages family housing on Fort Carson, to improve housing areas.

Additionally, all 54 parks with playgrounds in housing areas will be cleaned and improved, and a rock garden will be installed in front of all houses.

"Residents who already have landscaping around their houses can opt out of having a rock garden, but when they move out we're going to standardize and put rock gardens in," Stafford said.

### Lawn Service Schedule

<u><b>July 14</b></u> Blackfoot Kiowa	<u><b>July 15</b></u> Ute Hill Navajo North	<u><b>July 19</b></u> 4000 Area Apache Sioux Shoshone	<u><b>July 20</b></u> 4000 Area Apache Sioux Shoshone
<u><b>July 21</b></u> Comanche Pawnee	<u><b>July 22</b></u> Ute Hill Navajo South	<u><b>July 26</b></u> 5000 area Choctaw Cherokee Arapahoe	<u><b>July 27</b></u> 5000 area Choctaw Cherokee Arapahoe Cheyenne 7000 area
<u><b>July 28</b></u> Blackfoot Kiowa	<u><b>July 29</b></u> Ute Hill Navajo North		

There is already a rock garden installed at 5904 Huertgen Forest Road, and GMH Military Housing encourages residents who want to see

what they will look like to go see it.

For more information, contact Fort Carson Family Housing's office at 226-2283.



## Chapel

**Fort Carson Vacation Bible School** — Lava Lava Island flowed with God's love. More than 280 children and hard-working volunteers shared in the joy of the 2004 Vacation Bible School at Soldiers' Memorial Chapel, June 14 to 18. Each morning was filled with music, games, crafts and lessons about Jesus. The Sing and Play Bay (also known as the chapel sanctuary) contained a smoking, flashing volcano created by the "light and magic" of Chap. (Maj.) Duane Kincaid.

**Protestant Adult Sunday School Classes** — are offered each Sunday at 9:30 a.m. at Soldiers' Memorial Chapel, 1500 (Next to the post exchange).

**Native American Services** — The He Ska Akicita Inipi is located on Fort Carson. All native and non-native people, military personnel, family members and Defense Department personnel are welcome. Anyone interested in attending and praying in this manner can contact Michael Dunning at 382-5331, (c) 330-9537, or (e-mail) [micheal.dunning@carson.army.mil](mailto:micheal.dunning@carson.army.mil), or Charles Erwin at (h) 382-8177, (e-mail) [erwin106@juno.com](mailto:erwin106@juno.com), or Zoe Goodblanket at 442-0929 for information and directions.

Chapel Schedule					
ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battisto/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battisto/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Prot.-Gospel	Prussman	Barkeley & Prussman	Chap. Bowman/526-5513
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Bowman/526-5513
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Schreck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PVOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Friday	noon	Prayer	Soldiers'	Nelson & Martinez	Ms. Schreck/524-1166
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Monday	6:30 p.m.		Family University	Building 1161	Melissa Dalugdug/330-7873
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
NATIVE AMERICAN SWEATLODGE					

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

**Daily Bible readings:** In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

**Friday** — Psalms 28 & 2 Samuel 1-3  
**Saturday** — Psalms 29 & 2 Samuel 4-6  
**Sunday** — Psalms 30 & 2 Samuel 7-9  
**Monday** — Psalms 31 & 2 Samuel 10-12  
**Tuesday** — Psalms 32 & 2 Samuel 13-15  
**Wednesday** — Psalms 33 & 2 Samuel 16-18  
**Thursday** — Psalms 34 & 2 Samuel 19-21

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer.

You are invited to join the chaplain community and pray for these individuals and organizations.

Pray this week for the following:  
 Unit: For the soldiers and leaders of the 1st Armored Division, located in Wiesbaden, forward deployed in support of Operation Iraqi Freedom.

Army: For all Soldiers, noncommissioned officers and officers of the Medical Specialist Corps and their mission in occupational therapy, physical therapy, as dieticians and physician assistants.

State: For the soldiers and families from the State of Pennsylvania. Pray also for Gov. Edward Rendell, the state legislators and municipal officials of The Keystone State.

Nation: For the rich heritage and freedoms of our great nation on Independence Day. Pray for our leaders as they work to further democracy with other nations of the world.

Religious: For all soldiers and families from The Progressive National Baptist Convention. Pray also for the chaplains endorsed to military service by this community of faith.

For more information on the Army Cycle of Prayer visit the cycle's Web site at [www.usarmychaplain.com](http://www.usarmychaplain.com).

# Fort Carson or bust

## Train pulls into Mountain Post

Story and photos by Sgt. 1st Class Gary L. Qualls Jr.  
3rd Armored Cavalry Regiment

Modern rock band Train treated about 1,500 enthusiastic fans here to Grammy-caliber modern rock music, hard-driving classic rock, humor and appreciation for Soldiers and their sacrifices in defending the nation's freedoms.

The threat of rain hampered attendance somewhat, in the concert performed June 24, but those who did make it out soaked in the sounds and festive atmosphere in what turned out to be an enjoyable evening of entertainment on Fort Carson.

Train mixed in '70s songs, such as Led Zeppelin's "Ramble On" and Aerosmith's "Dream On" with its own hits such as "She's on Fire," "Calling All Angels" and "Meet Virginia." The band

also showed its versatility, throwing a jazzy number in its evening repertoire. Front man Pat Monahan also entertained the gathering on the Special Events Center softball field with humor, such as an account of him trying to charm Britney Spears and, being unsuccessful, subsequently putting her down.

"I can offer you (Britney Spears) a lot," he recounted to the crowd. "I can do things you can't do. I can sing!"

The band expressed its appreciation for the efforts of men and women in uniform in their and the nation's behalf, dedicating a song to them and repeatedly saying how appreciative they are of the Soldiers.

"We are grateful for what has been an amazing job by you," Monahan said.

The crowd danced and sang along with the band and emphatically responded to Monahan's promptings.

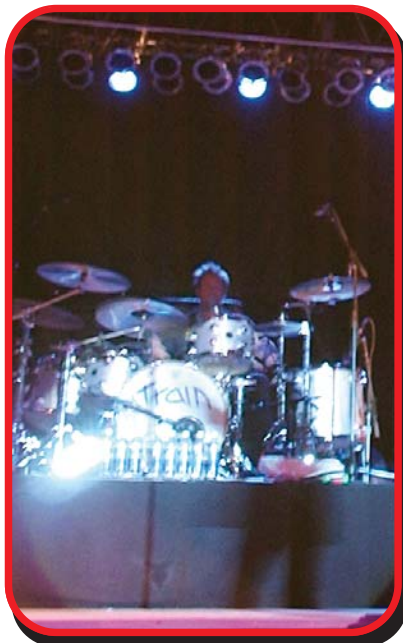
"Can you feel the love take over?" Monahan asked the passionate crowd.

The Graham Coulton Band provided the entertainment in the concert's opening act. The crowd favorably accepted the up and coming band's musical offerings, which set the tone for a fun, rockin' evening.

Train's portion of the concert did include an encore. The band came out again to play its most recognizable hit "Drops of Jupiter." They then played the concert's final number, "Dream On." The band's virtuosity, humor and gratitude sent the crowd into the cool summer evening doing just that.



Train bassist Charlie Colin lays down the screaming rock 'n' roll guitar music during a solo at the band's concert last week. Train played several rock 'n' roll classics with loud, sassy guitar licks, along with its regular fare at the show.



Drummer Scott Underwood lays down a beat at the Mountain Post June 24. Lead singer Pat Monahan jokingly introduced Underwood and most of the others band members as coming from Colorado Springs.



Train front man Pat Monahan belts out a rockin' tune beneath the stage lights. Monahan entertained the enthusiastic crowd with both his voice and his humor.



The crowd gets into the music at the Train concert. The crowd was small, but enthusiastic throughout the show.



# Out & About

July 1 - 9, 2004

Proudly brought to you by your Fort Carson Directorate of Community Activities, Bldg. 1217 Specker Ave. 526-3161  
Visit us at [www.ftcarsonmwr.com](http://www.ftcarsonmwr.com)



Open to all our Military and Running Community  
Run Start and Finish: Special Events Center-Bldg. 1829

10K Individual (officially timed) and Team Run: 7 am  
5K Fun Run / Walk (FREE) bring the stroller, bikes & fido: 7:15 am  
Children's Run (FREE): 8 am

Awards presented after the Children's Run  
Everyone is invited to enjoy the Brunch at 9 am

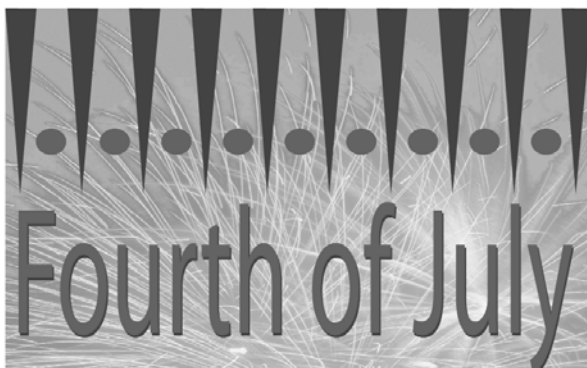
Pre Registration at ITR, Bldg. 2429:  
10K Individual including t-shirt: \$15.00  
10K Individual without t-shirt: \$5.00  
10K Team no t-shirt included: \$12.00  
(Team consist of 4 people)

Day of Event Registration:  
10K Individual including t-shirt: \$17.00  
10K Individual without t-shirt: \$7.00  
10K Team no t-shirt included: \$14.00  
(Team consist of 4 people)

T-Shirt only: \$10.00

SHOW YOUR AMERICAN PRIDE BY WEARING RED, WHITE & BLUE!!!

For more information: 524-1388



GLORY DAYS ★★★★★★

Entertainment  
food booths  
activities for all  
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July 4

Iron Horse Park • 4:00 till 10:00

Fireworks start at 9:15 pm

Sponsored by:



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## INTRODUCING ITR Adventure Tours



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July 31, August 21

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July 15, July 23, August 12

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July 18, August 15

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customized trips & dates available

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## TURKEY CREEK RECREATION AREA

TRAIL RIDES, PICNICS,  
CAMPING & MUCH MORE!



FOR INFO, CALL 526-3905



## BASIC WOOD JOINERY

Friday, July 23

3 pm - 6 pm

\$10.00 (pre-register fee)

For info, call 526-0070



# Rocky Mountain National Park

Scenic beauty second to none

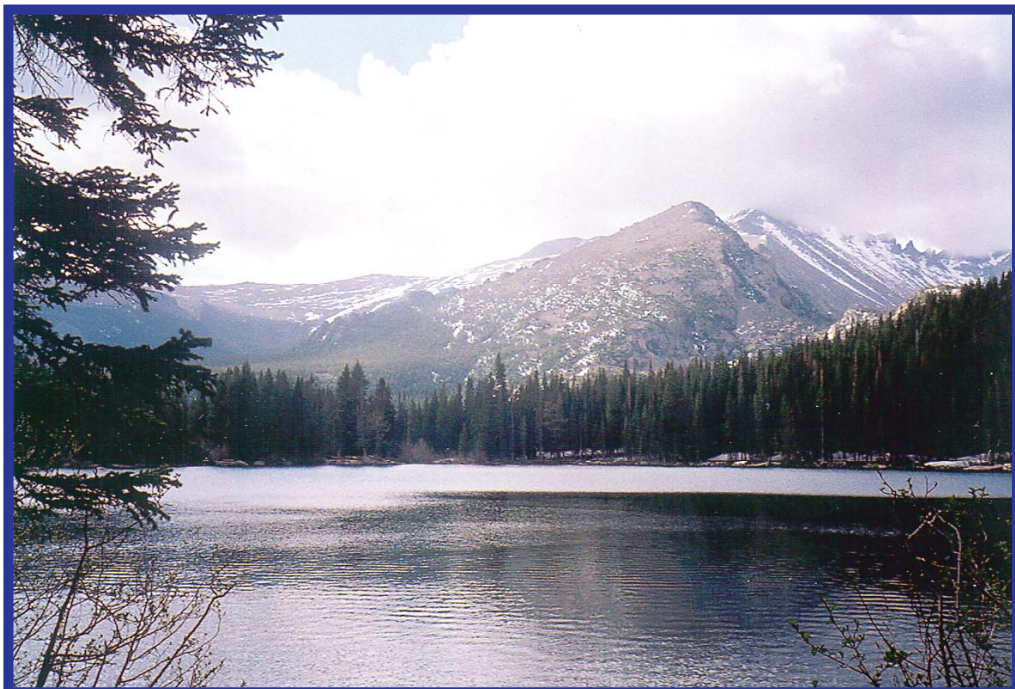


Photo by Nel Lampe

Bear Lake is a popular stop in Rocky Mountain National Park. Shuttle buses take visitors to the lake each half hour throughout the day. The parking lot near Bear Lake is currently being expanded and is not accessible.



by Nel Lampe  
Mountaineer staff  
Rocky Mountain National Park has some of Colorado's most beautiful sights and is one of the most scenic of the nation's parks. It's northeast of Denver.

The park's Trail Ridge Road is the highest paved highway in the nation and because of snowpack, is open only during summer. Trail Ridge Road passes through Alpine tundra, past snow-covered moun-

tain peaks and over the Continental Divide. The road's highest point is 12,183 feet above sea level. Taking 40-mile Trail Ridge Road at a leisurely pace can consume three or four hours if drivers make stops at overlooks, points of interest and to watch wildlife.

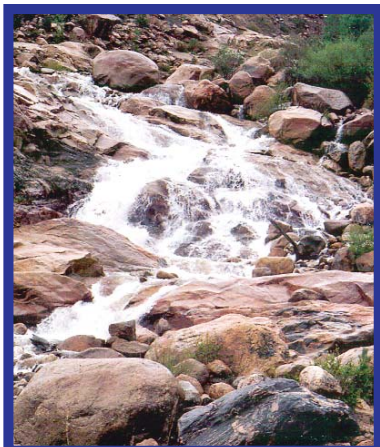


Photo by Nel Lampe

Water runs over the Alluvial Fan in Rocky Mountain National Park.

But taking Trail Ridge Road its entire length isn't necessary —

pick up a map at the park entrance and choose any road. The park has a plethora of rocky, snow-covered mountains, silvery lakes, glaciers and grand views. There are waterfalls, meadows, pine trees, wildflowers, chipmunks and blue birds. Bighorn sheep, elk and deer can be seen in the park. There are 100 peaks rising 10,000 feet or higher and Longs Peak is the highest, at 14,225 feet.

Although many visitors enjoy the park by seeing the sights and watching wildlife, there are many activities available, such as hiking: There are 360 miles of hiking trails.

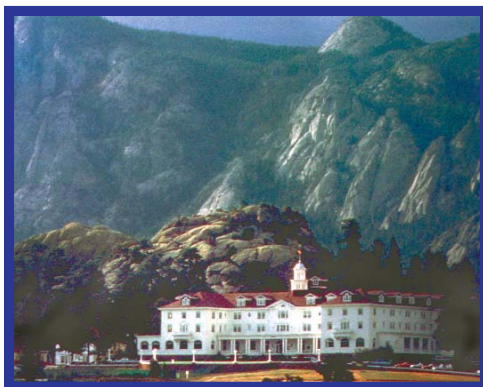


Photo courtesy of Stanley Hotel

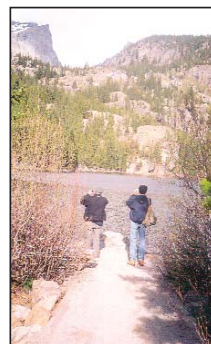
The famous Stanley Hotel is in Estes Park. The hotel was the setting for Stephen King's "The Shining."

Other activities include biking, climbing, backpacking, horseback riding and camping.

Campgrounds are open year-round. For a camping reservation, call (800) 365-2267. Camp sites are about \$20 per night. Check with rangers about fire regulations regarding cooking and campfires in the park.

In addition to the camping sites in the park, there are several commercial camping facilities, motels and lodges in the Estes Park area. Call (800) 443-7837 or check the Web at [www.rockymtn-trav.com/estes](http://www.rockymtn-trav.com/estes).

# Happening's



Places to see in the Pikes Peak area.

July 1, 2004



## Rocky

From Page 25

Rocky Mountain National Park draws about 3 million visitors annually, most of them around summer holidays.

Many parking lots at scenic stops and trailheads in Rocky Mountain Park are being expanded. In the meantime, park and ride lots accommodate large numbers of cars while visitors are shuttled on free buses to trailheads and favorite destinations.

The pass for Rocky Mountain National Park is \$15 and is good for six days.

Although most visitors' destination is Rocky Mountain National Park, the town of Estes Park is adjacent to the park. It's named for Joel Estes, who along with his son Milton, first rode into the large valley in 1859.

The town's setting is much like an Alpine village, surrounded by snow-covered mountains.

A large, white hotel catches the eye when entering Estes Park from the east.

It's the Stanley Hotel, possibly the best known hotel in Colorado and the inspiration for Stephen King's book, "The Shining."

While King was staying at the Stanley Hotel, he wondered what might happen if the hotel was snow-bound. Soon he was at a typewriter, and the Stanley Hotel became the fictional hotel "The Overlook."

When Director Stanley Kubrick was making the book into a movie, he thought nobody would believe such a hotel was in the Colorado mountains, so he changed the movie's location.

Stephen King later was involved with a television version of "The Shining," which was filmed at the hotel.

Scenes from "Dumb and Dumber" were also shot at the Stanley.



Photo by Nel Lampe

**Rocky Mountain National Park has many scenic views.**

The Stanley Hotel was named for Freelan Oscar. Freelan and his twin brother, Francis Edgar Stanley, were inventors. They invented a machine which manufactured dry plate negatives. They sold the patent to the Eastman Kodak Company in 1904 for millions of dollars.

This fortune enabled the Stanley brothers to dabble with the Stanley Steamer automobile they had invented.

Freelan Stanley moved to Colorado because of his health, settling in Estes Park. He saw right away that the town needed a luxury resort hotel. But before the hotel could be built, the town needed an infrastructure. Stanley took that on. He designed and built anything necessary to support the hotel — power and water plants, sewers, roads, a dump and a bank. The hotel cost half a million dollars and was built in an Eastern seaboard style. Luxurious features of this grand hotel are its staircase, lobby, brass elevator and luxurious detailing. The hotel opened in 1909 and was the first resort not depending on a train for guests to reach the resort. Early guests were taken to the hotel in a Stanley Steamer Mountain Wagon, especially designed for the job.

A small museum is in the downstairs lobby. The museum has artifacts and photographs of the life and work of Freelan Stanley, including a violin he made in 1865 when he was 17.

The museum is free and open from 10 a.m. until 4 p.m. There is also a gift shop.

Two guided tours of the Stanley Hotel are available. A History Tour includes portions of the hotel property, anecdotes about Stanley and his family. Tours cost \$5 for adults and \$2 for children ages 5 to 12 and are conducted Fridays and Saturdays at 6 p.m.

Ghost Story Tours include hotel history, stories about the Stanleys, the hauntings and the hotel's relationship to Stephen King. Ghost Story Tours are \$10 per adult and \$5 for children ages 5 to 12.

The tours last about an hour, and can be arranged by calling (970) 577-1903. Reservations are suggested.

A 1906 Stanley Steamer Runabout is in the hotel lobby. The Runabout, with its 10 horsepower engine and 13 moving parts, sold for \$850 when new.

Visitors may walk through public parts of the building, visit the museum, eat in the dining room or bar or have tea or coffee in the tea room. There is a \$3 charge for non-hotel guests to use the parking lot.

Estes Park has several restaurants and shops, hotels and campground, as well as bumper cars and a big slide.

To reach Estes Park and the nearby Rocky Mountain National Park, take Interstate 25 north to Longmont, about 30 miles north of Denver. At Longmont, take Highway 36 west to Estes Park, through scenic Little Thompson Canyon or go 20 miles farther north on I-25 to Loveland, then take

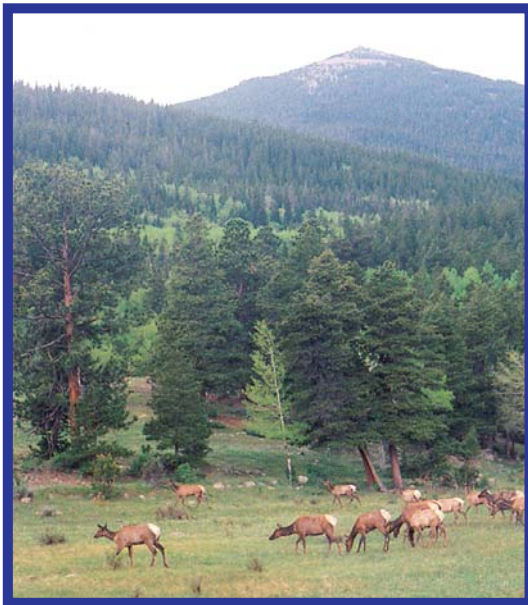


Photo by Nel Lampe

**Elk are frequently seen in Rocky Mountain National Park.**



Photo by Nel Lampe

**A Stanley Steamer automobile is displayed in the lobby of the Stanley Hotel. The hotel's builder, F.O. Stanley, invented the automobile, along with his twin brother.**

Highway 34, through Big Thompson Canyon to Estes Park. The trip takes almost three hours one way. To speed up the trip, consider taking the toll road E-470, accessed near the Park Meadows Mall, and bypassing Denver. Take dollar bills and quarters for the tolls, which total about \$9 and saves about an hour on a busy traffic day.

A visit to Estes Park and Rocky Mountain National Park is not recommended as a day trip as the round-trip drive of about four hours would leave little time for sightseeing. Visitors might want to spend an overnight in Estes Park or the Denver area.

Call the Estes Park Chamber of Commerce for information about Estes Park or lodging, at (800) 443-7837.



Photo by Nel Lampe

**The visitor center near the Falls River entrance displays information about the flora and fauna found in the park.**

### Just the Facts

- **Travel time** about two hours
- **For ages** all
- **Type** scenic national park
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage \$** (park fee)
  - \$ = Less than \$20
  - \$\$ = \$21 to \$40
  - \$\$\$ = \$41 to \$60
  - \$\$\$\$ = \$61 to \$80
  - (Based on a family of four)

# Happenings

## Get Out!

### Fourth of July

**Fireworks to celebrate Independence Day** will be in Memorial Park in Colorado Springs, following a free concert. Bring your own picnic and stay for the fireworks at dark. There's no food available in the park.

**Bent's Old Fort** hosts an old-fashioned Fourth of July in a 1840s' style Fourth of July. Events begin at 1:30 p.m. with a patriotic parade, reading of the Declaration of Independence and a debate. Games and blacksmith demonstrations will be between 1 and 3 p.m.

**JoyRides Family Fun Center** celebrates Independence Day with a family special: purchase four four-hour wristbands for \$40. The wristbands allow unlimited rides or miniature golf. Special hours Friday are 11 a.m. to midnight, Saturday from 10 a.m. to 10 p.m. and Sunday, Noon to 9 p.m. JoyRides is at 5150 Edison Ave., east of Academy just off Platte Avenue east.

**Pikes Peak International Raceway** holds races and fireworks Independence Day. Call 382-7223 for information. The racetrack is on Interstate 25 south of Fountain.

**Manitou Springs holds its "Days of '59"** and a buffalo barbecue Saturday and Sunday from 10 a.m. to 9 p.m. at Soda Springs Park. Buffalo burgers and barbecue will be sold; entertainment is free and includes a Celtic rock band, "The Elders." Other entertainment includes Native American dancers, gunfight re-enactments, trick roping and arts and crafts. Fireworks follow at about 9:30 p.m. Sunday.

**Fort Carson holds an Independence Day event** in Ironhorse Park Sunday from 4 to 10 p.m. There's entertainment, food booths and fireworks at 9:15 p.m.

### Melodramas

**"The Thief of Frisco"** is presented through the summer by the Cripple Creek Players in the Butte Theater in Cripple Creek. Shows are Wednesday to Saturday at 8 p.m.; 2 p.m. on some days. Call (719) 689-2513 for reservations. Tickets start at \$6.50.

**"Run to the Roundhouse, Nellie"** is at the Iron Springs Chateau through Sept. 30, Tuesdays, Wednesdays and weekends. Tickets are \$24 for dinner and a show, and \$18 for the show only. Call 685-5104 for reservations. The Iron Springs Chateau is at 444 Ruxton Ave. in Manitou Springs.

### Renaissance Festival

**The Renaissance Festival** runs weekends through Aug. 1 — Saturdays and Sundays, rain or shine. Admission is \$15.95 for adults, \$8 for

children. There's entertainment, food choices galore, drink and fun. Take Exit 172 off Interstate 25 north to the fest at Larkspur.

### Colorado State Fair

**The Colorado State Fair runs Aug. 21 to Sept. 5.** Concert tickets are on sale at the State Fair Box Office and Ticketmaster, 520-9090, for Stacie Orrico, Chris Cagle, Chris LeDoux, ZZ Top, Dierks Bentley, Trick Pony, Brad Paisley, REO Speedwagon, Olivia Newton-John and Clay Aiken. Tickets are \$13 to \$33.

### West Fest

**Michael Martin Murphey's annual "West Fest"** is set for July 2 to 5 at Snowmass Village. In addition to Murphey, the Pueblo Symphony Orchestra, Crystal Gayle, Nitty Gritty Dirt Band, Hal Ketchum, R. W., Hampton, R. J. Vandygriff and other events are on the agenda. Call (800) 325-FEST or go online at [westfest.net](http://westfest.net).

### Broadway in Colorado Springs

**Season tickets are on sale for the new season**, which includes "Fiddler on the Roof," Oct. 20 and 21; "The Full Monty," March 15 and 16, "Defending the Caveman," April 8 and 9; "42nd Street," May 8 and 9. An optional show is Hal Holbrook in "Mark Twain Tonight!"

The shows are in the Pikes Peak Center; call 520-SHOW for information or to buy a season ticket.

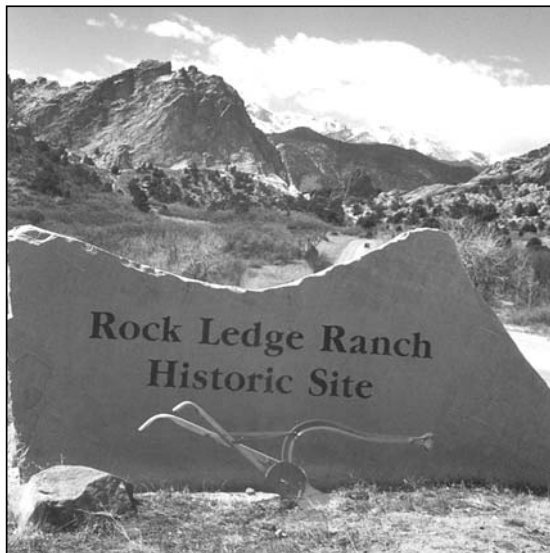


Photo by Nel Lampe

## Rock Ledge Ranch ...

An old-fashioned Fourth of July takes place at Rock Ledge Ranch, at 30th Street and Gateway road, next to the entrance to Garden of the Gods Sunday from 10 a.m. to 5 p.m. Soldiers and families are admitted free by showing identification. Other adults are \$5, \$1 for ages 7 to 12. There are carnival games, readings, hay rides and a brass band. Call 578-6777 for information.



Program Schedule for Fort Carson cable Channel 10, today to July 9.

Army Newswatch: stories on Army One Source, presence patrol in Iraq and 2004 Drill Sgt. Of the Year. Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the USS Ronald Reagan, the Navy's newest submarine and the 60th anniversary of D-Day. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on D-Day, air traffic controller training and French-fried fuel. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting, held monthly, airs at 9 a.m. and 5:30 p.m.

Safety video "Be Safe" airs at 10:30 a.m., 11:30 a.m., 2 p.m., 3 p.m.daily.

Driving safety information

("Driver's Dozen" and "Every Drive Counts") at 6:30 a.m. and 6 :30 p.m .

Foreign language programming courtesy of SCOLA is on Channel 9, unless there is a training videotape showing. To show a training video, please contact the Training Support Team at 526-5111. SCOLA programming schedule can be found at <http://www.scola.org>.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at [CommandInfo@carson.army.mil](mailto:CommandInfo@carson.army.mil).

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

For additions to the Community Calendar, please submit an e-mail to the above address, send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before the desired airing time.

# Sports & Leisure

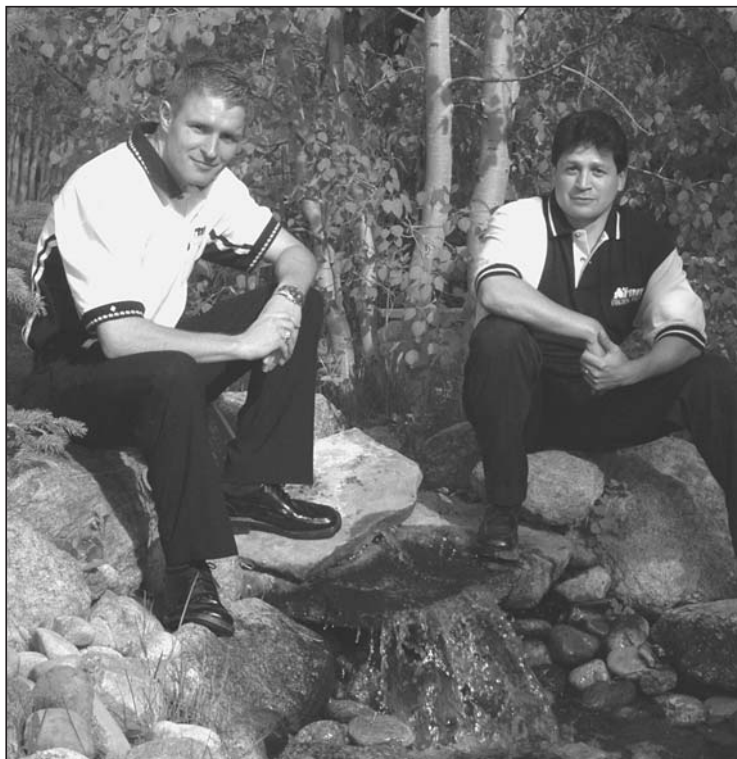


Photo by Walt Johnson

All-Army head coach Babe Kwasniak, left, and assistant coach Robert Nieto, right, during a photo session while the team trained in Colorado Springs for the interservice competition.

## Carson members help Army hoops team set new record

by Walt Johnson  
Mountaineer staff

**Editor's note:** This is the first of a two-part article on the contributions two of the Mountain Post members made in the success of the all-Army basketball team, which won the interservice gold medal this year. This week's article talks about how they made the team. Next week's article will tell how the team made interservice basketball history.

Fort Carson's Robert Nieto and Corey Stewart each knew he wanted to be a part of the 2004 all-Army basketball team.

Nieto was picked to be the trainer for the team and Stewart was trying to see if he could still compete in the game of basketball at the varsity level.

What neither person realized is he would be part of history when all was said and done with this year's interservice competitor, and the role they would play would be major.

Nieto, who coached the post intramural champions this year, just wanted to be a part of the all-Army experience and would have been content to be with the team in a trainer capacity. The events in the Middle East took away the team's assistant coach, and suddenly the team was in need of someone to help all-Army head coach Babe Kwasniak. This would

not be an easy job because not only was the team's assistant coach a part of the program for the past three years, he was also Kwasniak's most trusted aide. The person who would be selected to help lead this team had to measure up in more ways than just knowing basketball.

"I started out being the trainer for the team, and then the team had a vacancy for an assistant coach. I was just in the right place at the right time, and I just did what they wanted me to do. I can't thank Coach K (Kwasniak) and the players enough. They voted for me to become the assistant coach because they felt I had something to bring to the table," Nieto said.

"I've coached a lot, and the teams I've coached have been successful because they have bought into my system. The only thing that was intimidating to me was learning the system of coaching from a man (coach Kwasniak) who knows basketball like the back of his hand. I looked at Coach K as being the encyclopedia of basketball, and I was like the kindergarten version of basketball coaching knowledge. My only thought was learning what I could and not doing anything to hurt the team," Nieto said.

## Intramural Softball Standings

(as of June 22)

### Co-Ed

	Wins	Losses
USA MEDDAC	4	0
59th MP Co.	3	2
59th Quartermaster	2	2
5025th MP Co.	2	2
66th Military Intel.	4	3
571st Med Co.	2	3
DENTAC	1	2
423rd Trans Co.	0	4

### Eastern League

HHC, 3rd BCT	6	0
59th Quartermaster	5	1
I Troop, 3-3 ACR	6	2
1-8 Infantry	8	2
Support, 4-3 ACR	3	4
5025th GSU	2	3
HHT, 3-3 ACR.	2	4
43rd CEC, 2-3 ACR	2	3
Svc, 3-29 FA	1	5
360th Trans	0	5
13th ASOS	0	6

### Northern League

HHC, 7th ID/HHC USAG	6	0
L Troop, 3-3 ACR	5	1
C Co., 2-122 MP	5	2
HSC, 2-10 SFG (A)	4	3
HHC, 1-68th Armor	3	3
C Co., 4th Engineers	3	4
HHT, 4-3 ACR	3	3
HHB, 3-29 FA	2	3
HHD, 68th CSB	2	5
G3-HHC, 7th ID	1	5
HHC, 43rd ASG	1	6

### Southern League

USA MEDDAC Men 1	7	1
HWB, 3-3 ACR	6	1
HSC 52nd Engineer Bn.	5	1
D Co., 1-3 ACR	5	2
534th Signal	4	3
K Troop, 3-3 ACR	3	3
C Battery, 3-29 FA Bn	2	4
HWB, 2-3 ACR	2	5
A Battery, 3-29 FA Bn	1	3
64th Maintenance FSB	0	4
HHC, 1-12 Infantry	0	8

### Western League

ADA, 1-3 ACR	4	0
B Co., 64th FSB	2	1
B Co., 1-12 Inf	2	1
A Co., 52nd ECB (H)	4	2
60th Ordnance Co.	4	2
C Battery, 1-44 ADA	3	2
C Co., 1-12 Infantry	4	3
478th PSB	3	3
A Co., 1-12 Infantry	2	5
A Co., 4th Engineer Bn	2	5
Maint, 1-12 Infantry	0	6



## **On the Bench**

# **Club boxing team looks for a few good fighters**

**by Walt Johnson  
Mountaineer staff**

*For all the Soldiers who have returned from overseas duty, thank you for what you did, what you do and what you continue to do for your country.*

**Special Events Center manager Bill Reed is looking for a few good men and women who want to learn about the sweet science of boxing.**

Reed, in conjunction with members of the World Class Athlete Boxing team and other post people, is currently holding workouts for people interested in helping to form a post club boxing team.

Currently, interested people get together at 6:30 a.m. for a run and then meet again at 6 p.m. for lessons in boxing techniques. Reed said the club team will give people interested in boxing a chance to learn the sport in an environment that is safe and has the benefit of teachers who have competed in world class competition.

"We believe that a club boxing team is good for the post and the people on post who want to learn more about boxing. You could see at the Kit Carson Days boxing event that we have a number of people who are interested in boxing, and we want to help them get better at the sport," Reed said.

**Anyone interested in playing soccer and playing or coaching volleyball should contact Reed at the Special Events Center.**

The teams will compete at the post level and will play in Colorado Springs soccer and volleyball leagues.

For more information on these sports or anything associated with the special events center, contact Reed at 524-1163.

**Race fans will want to note the next event occurring at the at the Pikes Peak International Raceway, nine miles south of Fountain.**

**See Bench, Page 31**



Photo by Walt Johnson

## ***Staying fit ...***

**Staci Rogers-Houston of the post human resource office takes time from her busy schedule to stay in shape at one of the many fitness facilities open to active duty servicemembers, family members, Department of Defense employees and civilian workers assigned to the Mountain Post.**



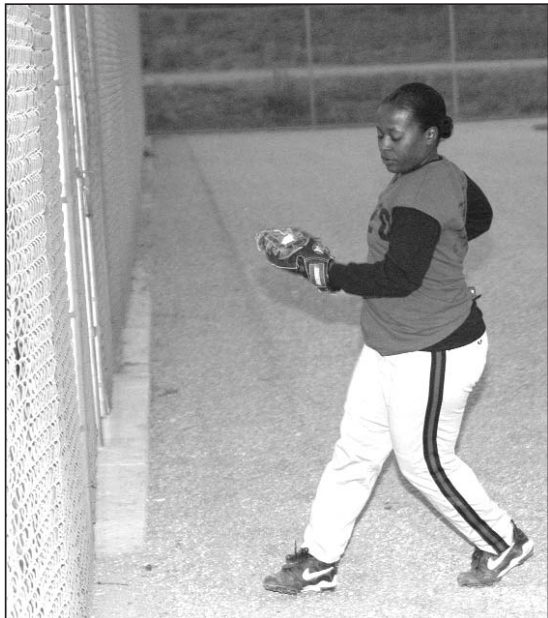


Photo by Walt Johnson

## Close call ...

Lady Mountaineers third baseman Dixie Roberts grabs a pop fly one step away from the fence at Skyview Sports Complex in Colorado Springs. The Lady Mountaineers defeated Joe's Bar 11-10 June 23. The Lady Mountaineers play each Wednesday night at the Skyview Sports Complex.

## Bench

From Page 30

Racing and a show will make the raceway the place to be Saturday and Sunday as the USAC/ASA Rocky Mountain Classic and Southern Colorado's Largest Fireworks Show!

Other events scheduled to be held at the raceway include:

July 15 to 18, 22 to 25 Richard Petty Driving Experience. July 30 to 31: Martina McBride will be performing live in concert after the Colorado 250 NASCAR Busch Series Race presented by Dodge July 31.

Aug. 21 to 22: Honda Indy 225 IRL Indy Car Series Race and the Pikes Peak 100 IRL Menard's Infiniti Pro Series Race

Sept. 10 to 12: Good Guys "7th Colorado Classic" Rod and Custom Car Show

**McKibben Physical Fitness Center will host a powerlifting competition Aug. 27 to 28.**

According to Lenwood Jordan, facility manager, this will be a chance for powerlifters on post to show what they are made of and compete for post bragging rights. Anyone interested in competing in the powerlifting event should contact Jordan or Annete Wallace at 526-2742.

**Fort Carson Child and Youth Services are currently registering any child interested in cheerleading, flag**

**football or soccer for the upcoming fall season.**

The registration period for the activities is now through Aug. 28 at the youth center's sports office. In order to participate in the sports or activity, people must have a sports physical examination and must have military identification.

The age groups for each activity are: 5 to 6 years old, 7 to 9 years old, 10 to 12 years old, 13 to 15 years old and 16 to 18 years old. Additionally, there is a 3- to 4-year-old bam-bam age group. Call 526-1233 or 526-4425 for more information.

**The youth center is also looking for adults interested in coaching fall cheerleading, soccer or flag football teams.**

If you would like to try your hand at this rewarding activity, call 526-1233 or 526-4425.

**The Fort Carson Aces men's softball team will be playing in four high impact tournaments in July.**

The Aces will play July 10 at the Skyview Sports Complex in Colorado Springs in the Miken Tournament.

July 17, the team will host the Fort Carson Summer Classic at the Mountain Post Sports Complex.

July 24, the team will play in the Independent Softball Association tournament at Skyview Sports Complex.

July 31, the team will play in the ISA State Games also at the Skyview Sports Complex.

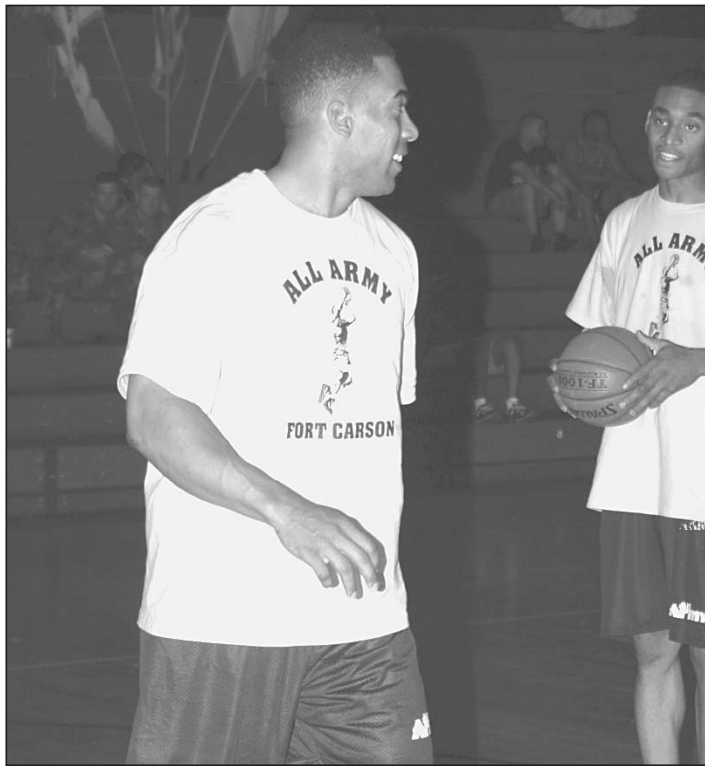


Photo by Walt Johnson

**Fort Carson's Corey Stewart, left, shares a light moment with a training camp invitee during the recent all-Army training camp at Fort Carson.**

## Champs

From Page 29

While Nieto didn't want to do anything to hurt the team, Stewart knew he had to do whatever it took to make the team. Stewart was not a novice to the game of basketball; in fact, he was a very good basketball player at the collegiate level, but Stewart knew the challenge ahead of him was going to have to be overcome with hard work and commitment.

Stewart hadn't played the game of basketball since 1997 when he left college. He was rusty from not having played the sport, though he has been involved with football and boxing since 1997. Still, the thought of meeting the challenge of playing at the all-Army level was too much for the confident Soldier to pass up.

"I left the game of basketball back in 1997 after I left college. I played two years at Cisco Junior College in Oklahoma and then two years at Kaman University in Oklahoma. After four years of basketball, I left it alone. I tried pro football and then I turned to boxing," Stewart said.

"When it was time to apply for the camp I wanted to see if I

still had the talents to play the game of basketball. I had been away from it for so long that my motivation was to see how I could do with this type of competition. I wanted to play against good athletes and the military has some good athletes at this level," Stewart said.

Any reservations Stewart had were quickly relieved when he showed up for the tryouts and found he was rather unique among the athletes at the camp.

"Even coming back from the long layoff I didn't feel intimidated about trying to make the team. When camp opened up I sized up all the players that were there and I remembered saying everybody here seems to be a little skinny. There weren't a lot of guys with meat on their bones with the exception of "Big" Rob (team center Alfred Poullard). The only worry I had was the athleticism of the other players because not only were they athletic they were young and athletic," Stewart said.

During the training camp the team took as much time bonding as it did learning to play together.

Next week Nieto and Stewart talk about the training camp and how it helped the team win the title.

## Mountaineer Boxing Feature



Photo by Walt Johnson

### *Left jab ...*

World Class Athlete Program boxer Clarence Joseph teaches Christina Vasquez the correct techniques for throwing a left jab during a workout June 24 at the post Special Events Center. Currently, members of the Mountain Post community are working out at 6:30 a.m. at the Special Events Center and 6 p.m. at Waller Physical Fitness Center as the post attempts to form a boxing club. Anyone interested in more information on the club and what its mission is should contact Bill Reed, Special Events Center manager, at 524-1163.

## ***Mountaineer Event of the Week***

### ***New champion ...***

Fort Carson's Tony Claiborne shows the form that enabled him to be named the men's novice division middleweight champion at The 2004 Twinlab National Physique Committee Colorado State Bodybuilding, Fitness and Figure Championships and Colorado State Novice Bodybuilding and Novice Figure Championships. Claiborne also won the middleweight open and overall novice championships. See an in-depth article on Claiborne in next week's edition of the *Mountaineer*.



Photo by Walt Johnson